



INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



¼ Cup | ½ Cup
Panko Bread crumbs
Contains: Wheat



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



1 TBSP | 2 TBSP
Italian Seasoning



6 oz | 12 oz
Spaghetti
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



14 oz | 28 oz
Marinara Sauce



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk

HELLO

ITALIAN SEASONING

This herby mix—with garlic, oregano, basil, and parsley—adds some oomph to the crust for crispy chicken.

CHICKEN PARM OVER SPAGHETTI

with Garlic Marinara & Melty Mozz



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 1140



PLACE HOLDER

Find that your plastic wrap is moving around while you pound the chicken in step 2?

Try sprinkling a little water on your work surface before placing the plastic wrap and chicken on it—this will help everything stay in place!

BUST OUT

- Large pot
- Strainer
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Sugar (**1 tsp** | **2 tsp**)
- Olive oil (**2 tsp** | **4 tsp**)
- Cooking oil (**2 tsp** + **more for frying**)
- Butter (**2 TBSP** | **3 TBSP**)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com

* Chicken is fully cooked when internal temperature reaches 165°.



1 PREP & COOK PASTA

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Peel and mince **garlic**.
- In a shallow dish, combine **panko**, **half the Parmesan**, **half the Italian Seasoning** (you'll use the rest of each later), a **large drizzle of olive oil**, and a **pinch of salt and pepper**.
- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **½ cup pasta cooking water (1 cup for 4 servings)**, then drain. Keep empty pot handy for step 4.



4 MAKE SAUCE

- Meanwhile, heat a **large drizzle of oil** in pot used for pasta over medium heat. Add **garlic**; cook, stirring frequently, until lightly browned, 1 minute.
- Stir in **marinara**, **remaining Italian Seasoning**, **1 tsp sugar**, **¼ cup reserved pasta cooking water**, and **2 TBSP butter**. (For 4 servings, use 2 tsp sugar, ½ cup reserved pasta cooking water, and 3 TBSP butter.) Season generously with **salt** and **pepper**.
- Reduce heat to low and simmer for 3-4 minutes. Reserve **¼ cup sauce (½ cup for 4)**.



2 POUND & COAT CHICKEN

- While pasta cooks, pat **chicken*** dry with paper towels; place between 2 large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **salt** and **pepper**. **TIP: If your cutlets are already ½ inch thick, you can skip the pounding.**
- Brush chicken all over with **sour cream**. Working one piece at a time, press chicken into **panko mixture** to fully coat.



5 TOSS PASTA

- Stir drained **spaghetti** into pot with **sauce**; toss to combine. (**TIP: If necessary, add more pasta cooking water a splash at a time until pasta is thoroughly coated in sauce.**) Remove pot from heat.



3 COOK CHICKEN

- Heat a **½-inch layer of oil** in a large, heavy-bottomed pan over medium-high heat.
- Once oil is shimmering and hot enough that a **pinch of panko mixture** sizzles when added to the pan, add **chicken**. Cook until crust is golden brown and chicken is cooked through, 3-5 minutes per side. (Discard any leftover panko mixture on dish.) **TIP: Reduce heat if chicken begins to brown too quickly.**
- Transfer chicken to a baking sheet.



6 FINISH & SERVE

- Heat broiler to high. Spread **reserved sauce** over **chicken**, then sprinkle with **mozzarella**. Broil until cheese has melted, 1-3 minutes. **TIP: Watch carefully to avoid burning.**
- Divide **spaghetti** between plates and top with **chicken Parm**. Garnish with **remaining Parmesan** and serve.

WK 21-15